

ABSTRACT

Cindy Osella (705120093)

Psychological Well-Being in Young Adult Single Women Indonesian Migrant Worker; Denrich Suryadi, M.Psi., Psi. Undergraduate Program in Psychology, Tarumanagara University, (i-x; 120 pages, P1-P3, Appdx 1-47).

Psychological well-being is mental health in individual that show with happiness, have a positive relationship with other, and have a purpose in life. The aim of this research is to know psychological well-being in Young Adult Single Women Indonesian Migrant Worker. This research is started from 29 January 2016 to 25 April 2016. This research use qualitative methode and use purposive sampling technique. Amount participant in this research is five womens with minimum age is 20 and maximum age is 40 and minimal education level is junior high school. The result shows that all participants fulfilled six dimensions of psychological well-being which are self acceptance, positive relation with others, autonomy, environmental mastery, purpose in life, and personal growth. Then the result shows that although six dimensions of psychological well-being are fulfilled, their psychological well-being are influenced by sosial support, religion, and culture. However, psychological well-being are not influenced by age, socioeconomic status, and personality that is sosialable.

Keyword: Psychological well-being, Women Indonesian Migrant Worker, Young Adulthood